



Statistics Report 11707, Asparagus, canned, no salt added, solids and liquids

Report Date: July 04, 2017 19:31 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	94.32	186	0.036	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Energy	kcal	15	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2005
Energy	kJ	62	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2005
Protein	g	1.80	158	0.021	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Total lipid (fat)	g	0.18	142	0.006	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Ash	g	1.22	5	0.020	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Carbohydrate, by difference	g	2.48	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2005
Fiber, total dietary	g	1.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Sugars, total	g	1.00	--	--	--	--	--	--	--	--	Calculated or imputed	11015	06/2005

Minerals

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca	mg	15	166	0.326	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Iron, Fe	mg	0.60	195	0.034	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Magnesium, Mg	mg	9	143	0.129	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Phosphorus, P	mg	38	153	0.385	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Potassium, K	mg	172	112	3.682	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Sodium, Na	mg	26	6	6.065	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Zinc, Zn	mg	0.47	78	0.009	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Copper, Cu	mg	0.107	78	0.004	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Manganese, Mn	mg	0.152	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Selenium, Se	µg	1.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997

Vitamins

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin C, total ascorbic acid	mg	16.5	120	0.468	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Thiamin	mg	0.054	138	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Riboflavin	mg	0.089	156	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Niacin	mg	0.851	153	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Pantothenic acid	mg	0.124	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Vitamin B-6	mg	0.098	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Folate, total	µg	85	3	10.820	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	85	3	10.820	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2005
Folate, DFE	µg	85	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2005
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1984
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE	µg	39	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2005
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	465	--	--	--	--	--	--	--	--	Calculated or imputed	11015	06/2005
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	11015	06/2005
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	11015	06/2005
Vitamin A, IU	IU	776	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2005
Lycopene	µg	23	--	--	--	--	--	--	--	--	Calculated or imputed	11015	06/2005
Lutein + zeaxanthin	µg	595	--	--	--	--	--	--	--	--	Calculated or imputed	11015	06/2005
Vitamin E (alpha-tocopherol)	mg	0.29	--	--	--	--	--	--	--	--	Calculated or imputed	11015	06/2005
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	39.0	--	--	--	--	--	--	--	--	Calculated or imputed	11015	06/2005
Lipids													
Fatty acids, total saturated	g	0.041	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2005
12:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2005
14:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2005

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:0	g	0.037	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2005
18:0	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2005
Fatty acids, total monounsaturated	g	0.006	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2005
16:1 undifferentiated	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2005
18:1 undifferentiated	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2005
Fatty acids, total polyunsaturated	g	0.079	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2005
18:2 undifferentiated	g	0.075	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2005
18:3 undifferentiated	g	0.004	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2005
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1984
Amino Acids													
Tryptophan	g	0.018	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Threonine	g	0.050	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Isoleucine	g	0.066	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Leucine	g	0.078	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Lysine	g	0.085	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Methionine	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Cystine	g	0.021	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Phenylalanine	g	0.043	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Tyrosine	g	0.029	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Valine	g	0.069	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Arginine	g	0.084	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Histidine	g	0.028	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984

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Alanine	g	0.085	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Aspartic acid	g	0.209	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Glutamic acid	g	0.295	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Glycine	g	0.058	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Proline	g	0.096	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Serine	g	0.069	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	10/1995
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2005
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2005